

Good Mental Health Tips



Stay in
touch with your
support group



Eat healthy



Get adequate
sleep



Cut down on
alcohol & other
substances



Exercise



Seek
professional help

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M Lipman

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Consumer Sourcebook ,1998 **U.S. Government Books** ,1985 A Journey Wilfrid Amisial,2024-09-23 On this pleasant day in 1947 my dad and my mom were wed Their mutual Love united with their parental agreement as well as all the good wishes of relatives and friends led their close relationship of seven annual anniversaries of friendship to share this secret openly My mom was born during the last week of August 1922 and my dad during the first week of October 1914 They met a few weeks before my Dad attended the piano recital where my mom at the age of 18 years old played the Blue Danube

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